

(TMI Newsletter – October 2014)

## **LIVING THE CREATIVE VISION**

### **An Interview with Patty Ray Avalon**

#### **Program Designer and Trainer**



*TMI family member Patty Ray Avalon is a highly talented artist, healer, energy worker, teacher, and consciousness facilitator. The glue binding her diverse skills together is Creativity—with a capital C. “The more we apply creative vision to practical aspects of living,” she claims, “the more we serve our lives and the world.” Patty Ray is her own best demonstration of that tenet. Her creativity serves TMI far and wide, from program participants, to PREP participants, staff, Professional Division members, and HemiSync® product users around the world.*

Patty Ray first came to TMI in 1997 following a period of extended world travel after the deaths of her parents. Synchronistically, she had run into people everywhere who had been to The Monroe Institute. “I met a guy in Egypt on a Marianne Williamson tour who was a remote viewer. He was headed to TMI in Virginia after the tour. I said, ‘I live in Virginia. Can I go, too?’” Patty Ray’s **Gateway Voyage** was quiet—no bells and whistles, no encounters with nonphysical beings—but she left changed and knew something fundamental had transformed within her. During Gateway she had been prepared to undergo higher vibrational experiences. When she came back thirty days later for **Guidelines** it was a different story—she had her first classic OBE; met intelligences. “It was amazing!” She received guidance to go to healing school and attended the Brennan Healing School in Florida. She continued returning to TMI, became an Outreach trainer in 1999, and a residential trainer in 2000. In 2003 she moved to Nelson County to be near TMI.

We enjoyed sitting down with Patty Ray to talk mainly about her work as a residential program designer and trainer. But before we get into the interview, here is a list of most of the services through which Patty Ray brings her creativity to bear—to benefit TMI friends and family members everywhere:

- She created over thirty-five Hemi-Sync exercises through Monroe Products, including scripting, voicing, and in many cases, producing artwork for the product labels and packaging. See *Inner States: Dawning of Awareness*, *Creative Way*, and *Positively Ageless*.
  - She is a PREP monitor — guiding your customized journey in TMI's isolation booths. Patty Ray donates one PREP session per year to each TMI staffer.
  - She is the Lab Coordinator — maintaining the isolation booth and control room equipment and facilities at the Bob Monroe Lab and the RMR cabin.
  - She creates the Professional Seminar poster designs — 9 years and counting.
  - She designed makeovers for the bookstore and lab.
  - She designs digital slide shows to replace the flip charts in residential programs — bringing us into the 21st century!
  - She is an Outreach Trainer — offering the ***Excursion*** weekend workshop.
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**Q: Patty Ray, tell us about the program you offer that allows people to unleash their creativity.**

A: Creativity Unleashed. It's is all about energy—creative energy and healing energy. In the program we work with ways to reignite these energies; to unveil them, to encourage them in each individual and in the group and look at how to hold them available in our resonant fields for the future.

Studies show that the brain's frontal lobes quiet down when people are being creative. It is an interesting thing that happens. We stop judging and just allow our minds, brains and spirits to flow with the creative energies. One of the very first (and most challenging) steps in the creative process is getting started! A good way I found to get people going is to provide lots of kindling, you know, a wide variety of materials to use with that creative energy.

In the course I have all sorts of materials—clay, paint, fabrics, musical instruments, computer programs—everything available for people to start playing. So maybe the computer program doesn't quite do it, why don't you try the drums? Eventually the fire

that has been smoldering starts to burn. That approach is extremely helpful in breaking through the fear barrier.

The best way is to introduce the approach quickly, so people do not have time to think. On the first night of the program, what worked well was to do introductions and all of that, and then I pulled out eight-foot sections of paper and paint and said, “we are all going to start painting.” Participants did not have time to protest, either to me or in their own minds, so they enter the flow of the program very quickly; they do what is expected as part of the program. That edits out their minds at once.

**Q: And once you do that, like you said, the fire starts catching and burning and then there is a need to express and create in ways that have been dammed up for so long.**

A: Because it feels good. There is a feel-good factor once you enter that creative zone—even if it is for the first time in ten years—when you start getting involved in any activity that wakes up that state of consciousness. I’ll bet there is a whole array of endorphins that begin firing off. You can observe that it feels awfully good. That is what takes people to the next step once they have overcome the fear that stops them from beginning. I found it is mostly fear that holds people back from being creative and if you spring a creative activity on them fast, it shorts out that fear and they move into the pleasure that being creative brings.

**Q: And then?**

A: And then there are all kinds of fun things when you have groups of people working together. The nonverbal communication that begins to happen and the energy flows and the field effect. This is where people slide into this big safety net of encouraged and expected comfort and nonjudgmental creativity.

**Q: Would you say that is healing energy?**

A: Yes, that is the energy that is shared and the energy that is encouraged. It is held in the field of each person and shared among the group. You can begin to look at this not in the emotional, psychological, or neurological way, but as something happening in the individual energy fields, that builds a collective energy field. It opens a big space. I have seen this in every Monroe program I have trained. A matrix is generated in which everyone feels more supported and can go places they have seldom or ever been—faster than they could otherwise go. It is a fascinating and exciting thing to watch and facilitate.

**Q: And then?**

A: We give them a Hemi-Sync or SAM exercise to move through blocks, or to get in touch with their inner creative energies, or to go into a free flow [Focus] 15 state. After the exercise my co-trainer and I expect to debrief as is customary in most Monroe programs, but the participants say, no, they are chomping at the bit to get back to the studio. They do not want to lose their inspiration. They want to create. They do not want to sit and process it once they start creating, they just want to do more creating, to let that creative energy flow through and out of them. So my co-trainer and I just have to let them create.

**Q: Does healing come into it at all?**

A: Oh, there is so much healing going on in this program. One woman had fibromyalgia. At the end of the weekend she felt great and wrote to me long after saying it seems that since the program her fibromyalgia is gone. I remember reading that Hildegard of Bingen was very sickly and frail, even confined to a sick bed, but when she started writing she got well and later made the association that getting out of her sick bed brought forth her creativity. Also, in the Barbra Brennan School of Healing, where I graduated from and was a faculty member, they understood the importance of creativity for wellbeing. One-third of their entire curriculum is dedicated to the creative arts.

**Q: They all seem so interrelated—the rise in consciousness, the creativity, the healing energies and the spirituality. The “creativity” word seems to scare people.**

A: Yes, people need to realize that everything they do accesses creative energy—cooking, interior decorating, gardening, designing systems; programming computers. The application of this energy toward creative solutions and healing is endless. Also, we can use our entire range of emotions as creative kindling. For example, you can counter boredom by busying your mind in a creative activity. You can use anger, sadness, elation, delight, whatever, as creative content in a poem, a movie script, a painting or jewelry making...anything.

**Q: Julia Cameron and her *Artist's Way*.**

A: Yes, Cameron did great work along these lines. She taught how to get to your creative core, how to uncover and release that energy, and how to deal with the fears of success we all have along these lines.

**Q: Back to the class ...**

A: To make the class unique I designed special Hemi-Sync exercises to help people release their creative energies.

**Q: Now another program you designed and train is Positively Ageless**

A: Yes. I call it the consciousness spa. I am really aware of how energy affects matter. Being an artist and an energy healer, of course I would be. So I designed Hemi-Sync exercises to assist people in aging the way they want to. We all need to become aware that every thought we hold, especially long term, has an effect on our bodies.

**Q: Then the goal is for people to stay forever young.**

A: Stay timeless—that is my goal. People look at me and say I know she is not forty and I know she is not seventy but I am not sure how old she is. If you can become and/or stay vibrant, healthy, and happy that, too, is a great goal to achieve. The Positively Ageless weekend retreat is designed to provide people with really good tools to improve their quality of life for the rest of their lives. It is about programming—how to program consciousness, to catch yourself when you start accepting society's programming about getting old—"I am at the age where I forget things," "I am at the age when my eyes are going," "I am losing my stamina," "it takes much longer for me to heal now that I am aging," and on and on.

**Q: Those things seem to be so ingrained in people.**

A: Yes, maybe it is the collective unconscious.

**Q: Do you think it's the media?**

A: Limiting programming is certainly coming at us through the media. Our challenge is to notice when it shows up, then to say, "Erase! I am not going to buy into that. I can control how I think and how my body functions." That will benefit me much more in the long run.

**Q: That is so important. Are you including it in this course?**

A: Yes. And another powerful learning opportunity in this weekend workshop focuses on the "inside job"—what we think—because that affects how we live, appear, and age. Diet, exercise, environment, and detoxing will be looked at, which are all extremely important for keeping the body healthy and vital. Also, a major factor is healing energies added by the shared group matrix in a TMI course, where the participants' energies synergistically assist each other to break through old beliefs and subconscious programming.

**Q: Will people come expecting to learn to be more aware and communicate better with their internal dialog?**

A: A good part of it is helping them remember how to activate and manage their energy—to see themselves as energy beings, energy systems. Another key component is to look deeply at and evaluate what they are holding in their thoughts and beliefs. How much negative programming has accumulated already and how can they reverse it? Those are key questions. We call it “mining,” where we all begin to look at our deepest fears, hopes, and beliefs. In some sessions we have everyone write down quickly any beliefs they hold about aging. Then, they look at how much stress they have in their lives. If people start lessening the stress, that helps a great deal. A researcher named Dr. Vince Giampapa, a plastic surgeon in New York, took a Gateway and did saliva tests on himself every day he was in the program to see if binaural beats effected hormones. The results he obtained showed a dramatic increase in melatonin, testosterone, and DHEA, and a drop in cortisol. This is the key hormonal profile to look for when improving the general aging process. All of this was accomplished without supplements or hormone replacement. Dr. Giampapa subsequently presented a talk at the Professional Seminar on his theory, and in the resource section of one of his early books he lists The Monroe Institute among what he calls “anti-aging centers.” He went on to do more research and showed that binaural beats are supportive of wellbeing.

**Q: What other programs do you train?**

A: In addition of Creativity Unleashed and Positively Ageless, I train Gateway Voyages, MC Squared (MC2), and Energy Body. I assist in the Out of Body Experience (OBE) Intensive programs. I also monitor PREP sessions in the Lab isolation booths.

**Q: MC<sup>2</sup>?**

A: MC2 was created by Joe Gallenberger. It deals with manifestation. The next program will begin January 24–30, 2015. A: MC2 was created by Joe Gallenberger. It deals with manifestation.

**Q: Talk about manifestation.**

A: Joe had a passion for experimenting and he chose Las Vegas to run weekend workshops, because if you can affect the odds in Vegas you have demonstrated it can work. What he learned in those many weekend workshops he carried into the weeklong MC<sup>2</sup> program. There we help people learn the power of the open heart and clear intentions, which affects physical matter. We encourage participants to experiment and discover what’s possible—what manifestation potential is in their daily lives.

**Q: And sprouting seeds in your hand?**

A: That is very similar. If you believe you can affect matter, with intention and directed energy you can accelerate the speed at which seeds sprout.

**Q: And bending spoons?**

A: Yes, I learned to bend metal in MC<sup>2</sup> when I first began to teach it with Joe. Almost everyone is successful with at least one of the PK (psychokinesis) tasks in the course. As Bob Monroe would say, “turn Beliefs into Knowns.” And like Bob taught, once you realize the Universe is limitless and human potential is as well, there is no end to what you can achieve. The program MC<sup>2</sup> explores this premise.

**Q: Patty this has been such fun. Thank you for the interview. I learned a great deal and our readers will, too.**